

Essentials to Wear and Carry

- Lots of water
- High-energy food
- Storm gear
- Hat, sunglasses with UV protection, sunscreen
- Sturdy footwear
- First aid kit
- Topographic map & compass/GPS
- Flashlight or headlamp
- Waterproof matches
- Pocketknife
- Whistle
- Common sense!

Stay Safe

- High elevations can cause altitude sickness and may aggravate existing medical conditions; use caution.
- Take sufficient time to acclimatize to the park’s high altitude before doing strenuous hikes. Rest, drink lots of fluids (avoiding alcohol and caffeine), and start with short hikes.
- Stay together as a hiking party. Don’t separate; keep children with the family or group.
- Stay on the trail. Shortcutting causes erosion.
- Wear sturdy foot gear. A hike in this environment requires good ankle support and a treaded sole.
- Pack extra water and snacks. Traveling in high elevations requires lots of water. Don’t drink from streams or lakes without treating the water.
- Weather conditions can change quickly. Thunderstorms are frequent in summer. Head back to the trailhead if you see building storm clouds. If caught in a lightning storm, get below treeline.
- The wilderness, though beautiful, can be harsh. Expect snow, gusty winds, and cold temperatures at any time.
- Do not rely on cell phones in Rocky Mountain National Park. Many locations in this rugged park have no service.
- Do not approach or feed wildlife, including chipmunks and birds.

Pets, Strollers

- No pets are allowed on trails; pets are permitted along roadways and parking lots, but must be on leashes no longer than six feet.
- In this area, strollers are permitted only on the nature trails around Sprague and Bear lakes, not in the backcountry.
- Strollers are allowed on park shuttles.

Park Information
Trail Ridge Road Status
Emergencies

970-586-1206 or online at www.nps.gov/romo
970-586-1222 for recorded & updated messages
911; tell the Dispatcher you are in Rocky Mountain National Park, Colorado

Rocky Mountain

National Park Service
U.S. Department of Interior

Rocky Mountain National Park



Bear Lake Area
Hiking 2014

Due to the 2013 Flood, backcountry hikers may encounter missing foot bridges, missing trail segments, difficult water crossings and unstable slopes. Please ask a ranger, stop at a visitor center, or visit the park website, www.nps.gov/romo, for more specific, updated information.

Shuttle Buses

Using Rocky Mountain National Park’s free shuttle bus service enables you to access many destinations and loop hikes along the Bear Lake corridor, while enjoying the beautiful scenery without the distraction and hassle of traffic congestion and limited parking. Free shuttle buses operate throughout the summer along Bear Lake Road. Bear Lake corridor buses may be accessed by parking at Park & Ride or the Estes Park Visitor Center.

Bear Lake Shuttle
(Park & Ride - Bear Lake)

The Bear Lake Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground. Buses run every 10-15 minutes between 7 AM - 7 PM and stop at Sprague Lake/Glacier Creek Livery, Bierstadt Lake Trailhead, Glacier Gorge Trailhead, and Bear Lake.

Daily Service June 14 — Oct12

Weekends

May 24, 25, 26, & 31
June 1, 7, & 8

Moraine Park Route
(Park & Ride - Fern Lake Road)

The Moraine Park Route is based at the Park & Ride shuttle bus parking area across from the Glacier Basin Campground. Buses run every 30 minutes between 7 AM - 7 PM and stop at Glacier Basin Campground, Hollowell Park, Tuxedo Park, Moraine Park Discovery Center, Moraine Park Campground, Cub Lake Trailhead, and the Fern Lake Bus Stop.

Daily Service June 14 — Oct12

Weekends

May 24, 25, 26, & 31
June 1, 7, & 8

Hiker Shuttle
(Park & Ride - Estes Park Visitor Center)

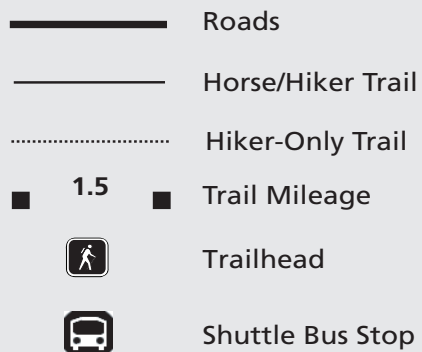
Buses only stop at the Estes Park Visitor Center and Beaver Meadows Visitor Center on this express route to the Park & Ride. The first bus leaves the Estes Park Visitor Center at 6:30 AM, and the last bus leaves for Estes Park at 8 PM. It runs on an hourly schedule early and late in the day, and a half-hour schedule from 10 AM to 6 PM.

Daily Service June 28 — Sept 7

Weekends Sept 13 — Oct 12

Bear Lake Corridor Trails

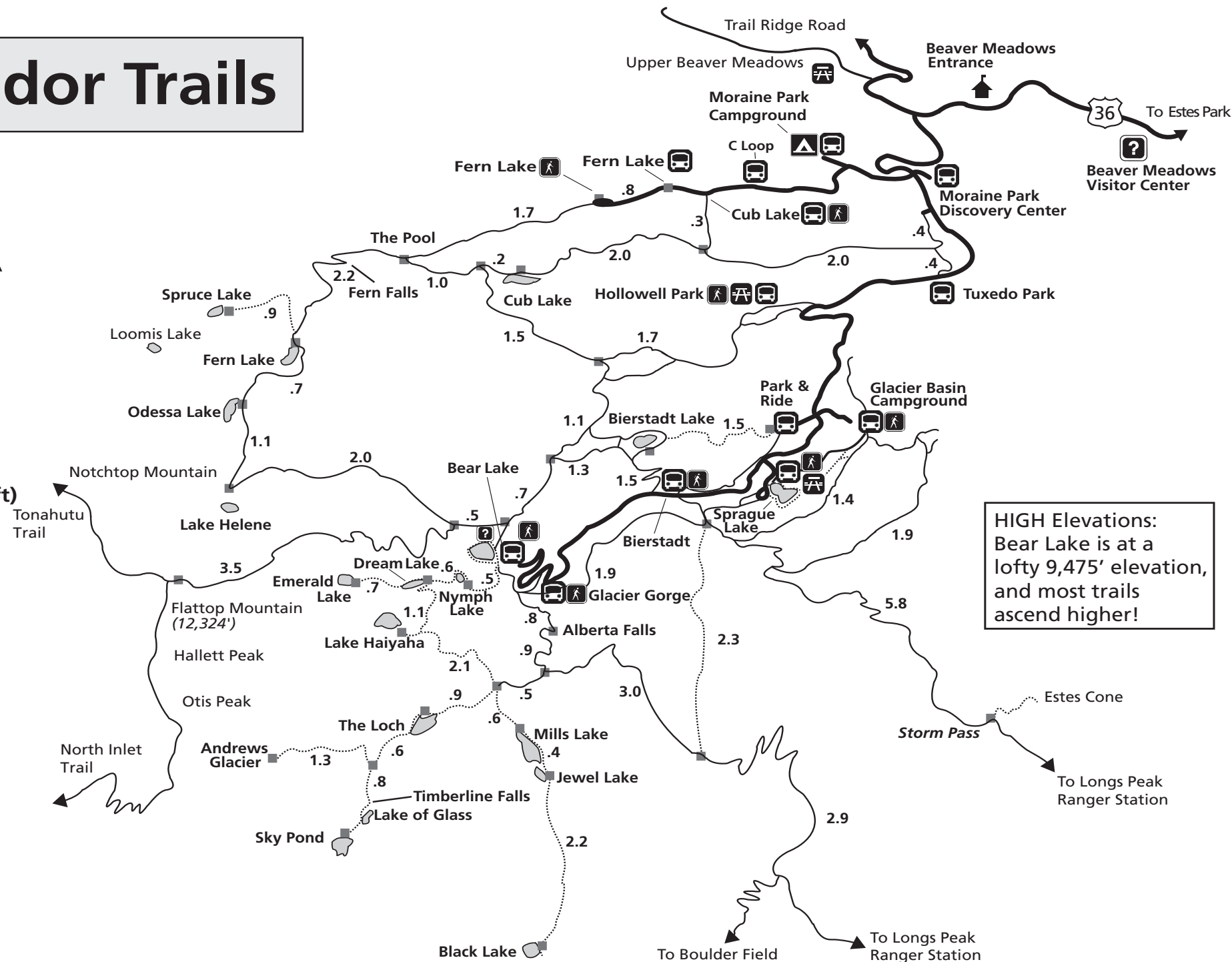
LEGEND



Destination **Miles** **Elev. Gain (ft)**
(One way from nearest trailhead)

★ Alberta Falls	0.8	160'
Bear Lake Loop	0.5	20'
Bierstadt Lake	1.6	566'
★ Black Lake	5.0	1,380'
Cub Lake	2.3	540'
Dream Lake	1.1	425'
Emerald Lake	1.8	605'
Fern Lake	3.8	1,375'
Flattop Mountain	4.4	2,849'
Lake Haiyaha	2.1	745'
Lake Helene	2.9	1,215'
★ Mills Lake	2.8	750'
Nymph Lake	0.5	225'
★ Sky Pond	4.9	1,650'
Sprague Lake Loop	0.5	20'
★ The Loch	3.1	990'
The Pool	1.7	245'

★ All Glacier Gorge trails can be accessed from Bear Lake; add 0.2 mile to trail distance



HIGH Elevations:
Bear Lake is at a lofty 9,475' elevation, and most trails ascend higher!